Aley/Stanley 1749 S. Martinson (67213) TEL 303-8002 Seneca & Harry

Boston

6655 E. Zimmerly (67207) TEL 688-9301 Woodlawn & Harry

Colvin

2820 S. Roosevelt (67210) Tel 303-8023 Ross Pkwy. & Hillside

Edgemoor

5815 E. 9th St. (67208) TEL 688-9392 9th & Edgemoor

Evergreen2700 N. Woodland (67204)
TEL 303-8036
25th St. & Arkansas

Linwood

1901 S. Kansas (67211) TEL 337-9191 Mt. Vernon & Hydraulic

Lynette Woodard 2750 E. 18th St. (67214) TEL 303-8015 18th St. & Volutsia

McAdams

1329 E. 16th St. (67214) TEL 337-9222 16th St. & Wabash

Orchard

4808 W. 9th St. (67212) TEL 337-9244 9th St. & West St.

Osage

2121 W. 31st St. S. (67217) TEL 337-9096 31st St. & Meridian

O.J. Watson Park 3022 S. McLean Blvd. (67217) TEL 529-9940

ATHLETIC OFFICE

455 N. Main (67202) TEL 268-4361 City Hall 11th Floor

Ralph Wulz Riverside

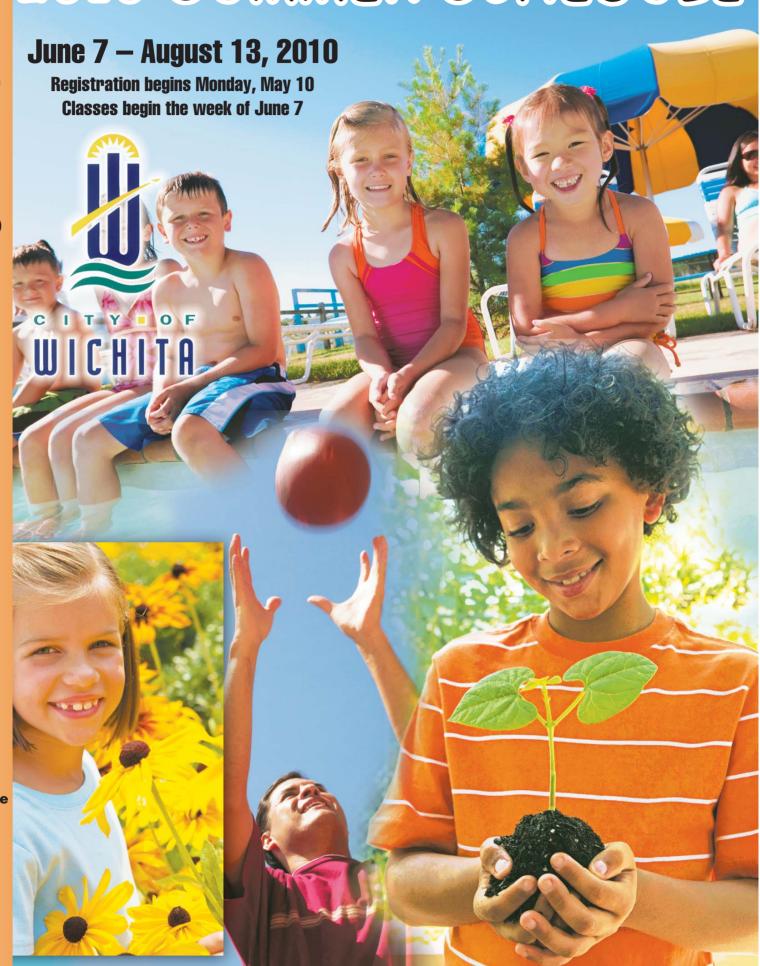
Tennis Center 551 Nims (67203) TEL 337-9257

CityArts 334 N. Mead (67202) TEL 462-2787

Wichita Ice Center 505 W. Maple (67213) TEL 337-9199 THE WICHITA EAGLE Advertising Publication • Sunday, May 9, 2010

DEPARTMENT OF PARK & RECREATION

2010 SUMMER SCHEDULE



INFORMATION SWIMMING POOL

HOURS OF OPERATION

All pools open Monday, May 31st and close for the season on Sunday, August 8th with the exception of Country Acres which closes Saturday, August 7th. The pools will close at 5:00 pm on Sunday, July 4th in observance of the holiday.

Pool	Hours	Days
Aley	1:30-6:00 pm	Tuesday – Sunday
Boston	1:30-6:00 pm	Wed/Fri/Sat '
	1:30-8:00 pm	Tuesday/Thursday
College Hill	1:30-7:00 pm	Tuesday/Friday
· ·	1:30-6:00 pm	Saturday-Sunday
Country Acres	1:30-5:30 pm	Tuesday – Saturday
Edgemoor	1:30-6:00 pm	Tuesday – Sunday
Evergreen	1:30-6:00 pm	Tuesday – Sunday
Harvest	1:30-6:00 pm	Tuesday – Sunday
Linwood	1:30-6:00 pm	Tuesday – Sunday
McAdams	1:30-5:30 pm	Tuesday – Sunday
Minisa	1:30-5:30 pm	Tuesday – Sunday
Orchard	1:30-6:00 pm	Tuesday – Sunday

FREE SWIMMING

All patrons with proper swimming attire will be admitted to select pools free of charge on the following days:

Aley Edgemoor McAdams Boston College Hill	Sunday, June 6 Sunday, June 13 Sunday, June 20 Sunday, June 27 Sunday, July 4	Minisá Orchard Linwood Aley	Sunday, July 11 Sunday, July 18 Sunday, July 25 Sunday, August 1 Tuesday, August 3 Tuesday, August 3
		l Evergreen	Tuesday, August 3

ACCESSIBLE POOLS

Swimmers that are elderly, arthritic, expectant mothers or anyone who is uncomfortable with vertical ladders can utilize the zero depth entry pool at College Hill or the portable stairs at Orchard Pool for easier water access

ADMISSION FEES

Main Pool (Open to ages seven and above)

NOTE: Older children may be required to present high school ID to be admitted as a child. Children younger than seven are admitted only if accompanied by a paying adult. CASH ONLY.

ai				

Children Adults	(ages 17 and under) (ages 18 and older)	\$2.00 \$3.00
*Family Rate		\$8.00
* 1 1 1	الماريات من من المريد من المريد المريد المريد المريد	

Admits up to six people (one must be an adult)

Wading Pools

All children and adults must pay the admittance fee and a paying adult must accompany children under the age of eight. Wading pool may close early depending upon demand levels. Children ages 8-15 are not allowed in the wading pool

REGISTRATION

Registration for all aquatics programs (including free swimming lessons) begins Tuesday, June 1 and must be done at the pool where the program is being held. Registration will be taken during regular pool hours and continue until classes are filled. A special registration session will be held on Saturday, June 5 from 9:00am-noon at all pools. CASH OR CHECK ONLY.

AMERICAN RED CROSS SWIMMING LESSONS

Youth Lessons: (ages 6+)

Two-week sessions run Tuesday-Friday and meet for approximately 45 minutes each day. Enrollment is limited to 10 students in Beginner's class (level l-2). A child must be six years old or have completed kindergarten to

be enrolled. ree:	\$25 per session
Session 1	June 8-18
Session 2	June 22-July 2
Session 3	July 6-16 '
Session 4	July 20-30

Class Times

Level 1-4	9:15-10:00 am	College Hill, Country Acres & Harve
Level 1-4	10:15-11:00 am	All Pools
Level 1-6	11:15-12:00 noon	All Pools
Level 1-4	5:45-6:15 pm	Country Acres, McAdams, Minis
Level 1-4	6:15-7:00 pm	Aley, Boston, Edgemoor, Evergree
	, , , , , , , , , , , , , , , , , , ,	Harvest, Linwood, Orchard

Department of Park & Recreation

455 N. Main, 11th Floor • Wichita, KS 67202 Phone (316) 268-4361 • Fax (316) 858-7611

www.wichita.gov

FREE YOUTH SWIMMING LESSONS

Qualifying youth ages 6–15 may enroll in swimming lessons for free call pools, except College Hill. Classes will be held at 11:15am and 6:15pm, Tues-Fri. At the time of registration, parent/guardian must provide documentation of participation in the School Free/Reduced lunch program OR SRS Cash Assistance. (Funding is provided by the Career Development Office with a Federal Community Services Block Grant through the Kansas Housing Resources Corporation.)

Tot Aquatics and Parent/Tot Aquatics (ages 3-5)

Water orientation class that increases a child's comfort level in the water and builds a foundation of basic skills. Classes are 30 minutes long and meet twice a week for 4-weeks. Parent & Tot class requires a parent to be in the water. Enrollment is limited to seven students per class. Classes are held during Sessions 1 & 3. Call pool directly for times.

ADDITIONAL AQUATIC PROGRAMS

The following programs will be offered if enrollment is sufficient. Check with the pool in your area for details on class schedules.

Adult Aqua Aerobics (ages 16+)

This 1-hour class meets on Tuesdays & Thursdays at Aley Pool from 6:15-7:15pm. Offered during sessions 1 and 3 only. Fee \$25.

Adult Swimming Lessons (ages 16+)

A total of (8) 45-minute lessons for beginning level instruction. A waitlist will be taken and a class time/location scheduled when there are 4 students interested. Contact 268-4192 to pre-register. Fee \$25.

Competitive Swim Team (ages 5-17)

Practices are held Tuesday-Friday for eight weeks with 4 swim meets being held. Practice times are typically from noon-1:00 pm, but certain locations may have additional practice times due to large enrollment. Meet dates: June 16 (Aley), June 30 (Orchard), July 14 (Linwood), July 28 (McAdams Championship).

Private/Semi-private Swimming Lessons

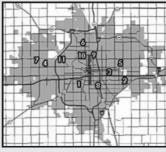
Fee is \$75 for the first person and \$50 for each person thereafter. It includes (8) 45-minute lessons. Class times are arranged directly with the instructor. Contact the pool directly to check on instructor availability.

Private Pool Rentals

All pools are available to rent on Friday-Sunday in the evenings. Basic fee is \$150 for a two hour period and admits up to 75 people. Additional charges apply for use of wading pool and additional guards. Rental fee and \$50 deposit are required to secure the reservation. Contact the pool directly beginning Monday, May 31 or contact 268-4192 for additional reservation information.

Lap Swimming

Lap swimming is available at College Hill Pool Tuesday-Friday from 6:00-8:00am, Edgemoor from noon-1:00pm Monday-Friday. Additional facilities and times may be facilities and times may be added as the season gets underway. Please contact each pool for availability. Fee is \$25 which allows a person to come unlilmited times during the 2010 season.



CITY OF WICHITA POOLS

1800 S. Seneca	838-9685
Harry & Woodlawn	838-9686
304 S. Circle	838-9687
Central & Ridge	838-9688
27th and Woodland	
9500 W. Provincial	838-9691
1900 S. Hydraulic	838-9692
9th and Clara	
	Harry & Woodlawn

Coupon Books

One coupon admits one child or one adult!

50 coupons - \$60 25 coupons - \$40 SWIMMING COUPONS SWIMMING COUPONS

Additional discount available on purchases of 10 or more coupon books Call 268-4361 for more information

ALEY 303-8002

<u>Adult (Ages 16+ unless otherwise noted)</u>

Dance

Country Line Dance - Beginning

Learn the most popular dances - The Tush Push, Twister, Hi-Tech. Watermelon Crawl and more.

121343 9wks 6:30 pm-7:30 pm M/G Calkins \$30 Tυ

Exercise/Fitness

Learn basic stretching, breathing, mental focus, and relaxation techniques to improve health and posture. Personal floor mats encouraged.

121401 9wks 6:30 pm-7:30 pm A Marler Tυ

Sports

Tennis - Adult

This is a beginning level class in which students learn tennis fundamentals, rules, and game strategy. 121398 8wks Th 6:45 pm-7:45 pm C Heck

Volleyball Intermediate (Co-Ed)Organized/competitive play. Players should be able to legally bump, set, and spike the ball. Games are self-officiated. NO VOLLÉYBÁLL MÖNDAY, JULY 5. 6:00 pm-8:00 pm STAFF \$20 121400 8wks Μ

Youth (Ages 6-15 unless otherwise noted)

Martial Arts

Tae Kwon Do - Beginning

Ages 6+ will learn the martial art that teaches physical agility, mental discipline, and self control. A V-neck uniform is required and can be purchased from the instructor. 121396 9wks W/Th 6:15 pm-7:15 pm TBA

Sports

Tennis for Youth

Youth will learn tennis fundamentals, rules, and basic tennis terminology. 121399 8wks 5:30 pm-6:30 pm C Heck \$27

<u>Tots (Ages 3-5 unless otherwise noted)</u>

Sports

Pee Wee Tennis

Youth will learn basic grips and how to swing the racket properly. Class includes fun drills. Ages 4-5. 4:30 pm-5:15 pm C Heck

121345 8wks

BOSTON 688-9301

Adult (Ages 16+ unless otherwise noted)

Exercise/Fitness

CASH

ONLY

Improve muscle tone, cardiovascular fitness and burn calories in this low-impact class. Ab work and a short toning segment will also be included. 5:30 pm-6:20 pm J Profaizer \$21

120692 10wks Tu

Physical Fitness Be healthy by being physically fit. In this class you will be instructed in different methods of improving your physical fitness which will create a greater flexibility, cardiovascular health,

balance, agility, and can even help with weight loss. It will be as exciting or boring as you make it. Come and learn and be encouraged to fitness and good health. 122291 10wks F 6:00 pm-6:50 pm M Raab

Yoga

Learn basic stretching, breathing, mental focus, & relaxation techniques to improve health and posture. Personal floor mats encouraged. Class #120763 & class #120764 will not meet on 7/5/10, due to holiday.

120764 10wks M 9:00 am-10:10 am N Farha \$29 120763 10wks M 6:00 pm-7:10 pm M Doll 7:00 pm-8:00 pm 120766 10wks K Crouch \$26 Τυ 121941 10wks W 9:00 am-10:10 am N Farha \$32

Zumba Fitness

This class is a fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. It's not just a work out, it's a Party! 122341 10wks Th 6:00 pm-7:00 pm A Knox

Special Interest

Beginning Acrylic Painting

This is the perfect medium for beginning painters. Students will learn the basic techniques of this versatile medium and be encouraged to explore all that acrylic painting has to offer. All skill levels are welcome! Class will not be held 7/5/10, due to holiday.

122491 8wks-6/7 M 6:00 pm-8:00 pm J Seymore \$44

Beginning Drawing for Adults

Students will learn the fundamentals of drawing. Also, traditional concepts of beauty will be explained to enrich the students' pleasure of viewing and making art. This class is open to beginners as well as more advanced students. 122492 8wks-6/10 Th 6:00 pm-8:00 pm J Seymore

Stress Management With EFT

EFT stands for Emotional Freedom Technique. You tap lightly on specific Acupuncture points on face and upper body with your fingertips. The normal response is a feeling of relaxation and well being. Learn how to eliminate stress in the moment without having to go to the gym or yoga studio or take a pill. EFT can be done anywhere. It's fast! It's easy! Children can do it! It works! Find relief right at your fingertips in minutes. Learn a tool you can use for the rest of your life. 122241 1wk-7/10 Sa 9:00 am-12:00 pm J Sivley

Sports

Tennis-Adult

A beginning level class, in which students learn tennis fundamentals, rules and game strategies. 120761 8wks-6/9 W 7:05 pm-8:05 pm J Ferris \$27

Youth (Ages 6-13 unless otherwise noted)

Special Interest

American Red Cross Babysitter's Training

Topics include first aid, preventing injuries and illnesses, care for choking, basic childcare, rescue breathing, entertaining children and how to interact with parents. Ages 11-15. Two checks are required for this class. \$40.00 paid to the American Red Cross, and \$10.00 to the Department of Park & Recreation. Bring a sack lunch. 120694 1wk-6/5 Sa 9:00 am-3:30pm ARC ARC \$40

Family Night

Free open Recreation for the whole family. The gymnasium is available for sport games, and the gameroom will be open with a pool table, bumper pool tables, ping pong table, air hockey, tooseball and a variety of other table games. 120696 10wks F 6:30 pm-8:30 pm STAFF

Sports

Basketball Clinic - Youth Beginner

Learn basketball fundamentals, rules and offensive/defensive strategies. Ages 6-10. 120695 5wks-7/12 M 6:55 pm-7:40 pm M Bagley **Open Gym Hoops!**

Open Gym for Hoops! The gym is open for basketball for youth ages 6 - 17 yrs. Free 120712 10wks Th 7:15 pm-8:30 pm STAFF Free

Sports Time For Youth

Children will learn and play a different organized sport each week during this (4) week session. Sports that will be played include: Soccer / Wiffleball / Basketball / Kickball / & Indoor Hockey. This is a must activity for children who love to compete and play games. 120727 4wks-6/7 M 6:55 pm-7:40 pm M Bagley

Tennis for Youth

Youth will learn tennis fundamentals, rules and basic tennis terminology. Class #120762 is for children ages 6–10, and class #122442 is for children ages 11–15. 120762 8wks-6/8 Tu 6:55 pm-7:55 pm J Ferris 122442 8wks-6/9 W 6:00 pm-7:00 pm \$27

Tots (Ages 3-5 unless otherwise noted)

Sports

Pee Wee Basketball

Learn basketball fundamentals of dribbling, passing & shooting.

120713 5wks-7/12 M 6:00 pm-6:45 am M Bagley

Pee Wee Tennis

Learn basic grips and how to swing the racket properly. Class includes fun drills. Ages 4 – 5. 122441 8wks-6/8 Tu 6:00 pm-6:45 pm J Ferris \$27

Sports Time for Tykes

Children will learn and play a different organized sport each week during this (4) week session. Sports that will be played include: Soccer / Wiffleball / Basketball / Kickball / & Indoor Hockey. This is a must activity for children who love to compete and play games. 120728 4wks-6/7 M 6:00 pm-6:45 pm M Bagley

Tykes T-Ball League

This is an introductive recreational T-Ball League for children ages 4 - 6. The first (2) weeks will be practices from 6:15 - 7:15 p.m., where the children will learn basic rules and fundamentals of the game of T-Ball. The next (6) weeks we will play league games between 6:15 p.m. - 8:30 p.m., depending on how many participants are registered for the program. Parent coaches are needed to assist with this program. Children of parent coaches will receive a participant discount for this activity. Please notify staff if you are willing to volunteer. Program fee includes game T-shirts for all participants. \$27

120714 8wks-6/9 W 6:15 pm-8:30 pm STAFF

GOLVIN 303-8023

<u>Adults (Ages 16 + unless otherwise noted)</u>

Exercise/Fitness

Learn basic stretching, breathing, mental focus, & relaxation techniques to improve health and posture. Personal floor mats encouraged.

121176 5wks-6/8 Tu 4:00 pm-4:50 pm J Profazier \$15

Youth (Ages 6-15 unless otherwise noted)

Dance

Youth Hip Hop & Groove

For grades K-5/ or ages 6-13. Just like the adults, students will be introduced to many styles of hip hop dance. Typical sessions include a short groove training block, then on to learning moves of each style, including commercial hip hop, locking, popping, wacking, and break dancing. 121179 5wks-6/10 Th 6:00 pm-6:45 pm STAFF

\$10

Riverside Tennis Center 337-9257 **Daytime Junior Group Lesson Schedule** Junior Group Lessons are offered during the day on a weekly session basis. You can choose to do 2, 3, or 4 days per week at the class time that fits your child's ability. Check with a Riverside tennis instructor to find the right class for your child.

Monday-Thursday 11:30am-12:30pm • Ages 8-18, grouped by ability.

Monday-Thursday 10:30-11:30am • Ages 8-18, grouped by ability

Monday-Thursday 9:30-10:30am • Ages 8-18, grouped by ability

Monday-Thursday 8:30-9:30am • Ages 12-18, grouped by ability Must challenge in to participate in this group.

Cost: \$8/day or all 4 days for \$28!

Ralph Wulz

Evening Junior Group Lesson Schedule

Pee Wee: Mondays 5:30-6:30pm: Ages 4-8. Beginner: Mondays 6:30-7:30pm Intermediate: Wednesdays 5:30-6:30pm Tournament: Tuesdays 5:30-6:30pm Advanced: Thursdays 5:30-6:30pm

Session Dates and Cost:
May31-July 2 • July 5-August 6 \$40/session

Junior League Information

Riverside tennis offers a chance to get a partner and join in the Junior Team Challenge. Each week you will play a 6-game set of singles and doubles to practice your match skills. Junior Team Challenge is a great way to have supervised match play in a team atmosphere.
Ask a Riverside instructor if you're READY FOR THE CHALLENGE! Session Dates: May 31-July 2 • July 5-August 6

USTA JUNIOR TOURNAMENT SCHEDULE
Riverside Jr. Novice I: May 22
KDTA Junior Qualifier: May 29-31
Wichita Junior Open: June 3-4
Riverside Jr. Novice II: June 10-11
Mid-Continent Jr. Open: June 14-15
Riverside Junior Open: July 1-2
Riverside Jr. Novice III: July 15-16
Riverside Junior Open 2: August 5-6

Adult Group Lesson Schedule
Sunday 1:00-2:30pm:
Beginner lessons. This group class is designed for players just getting started. The emphasis is on stroke production with a slight introduction into point -play. \$12/wk
Wednesday 6:30-7:30pm:
Intermediate lessons. This group is designed for those players that have a good grass of technique and need strategical guidance. The

have a good grasp of technique and need strategical guidance. The first half of the class is spent on stroke production and the second half is point play with emphasis on doubles strategy. \$8/wk
Saturday 9:00-10:30am:
All Level Drill. This class is designed to get the heart rate up and

focus on doubles strategy. Basic understanding of stroke production and ability to sustain a rally is required. \$12/wk

Adult League Schedule

Monday 9:30-10:00am:

Women's 4.0 Doubles. Open to women 18+ with an NTRP of 4.0 and above. Run as a flight league in which you move based on win-loss of previous week \$16/session

Monday 6:30-8:30pm:

Co-ed drop-in doubles. Come a little early to get your name on the list and the staff will match you up with a group of compatible players for a night of round-robin doubles. \$3/wk
Tuesday 6:30-8:00pm:

Men's Doubles. Open to men 18+ with an NTRP of 3.0 and above. Run as a flight league in which you move based on win-loss of previous week. \$20/session

Thursday 6:30-8:00pm:

Men's Doubles. Open to men 18+ with an NTRP of 3.0 and above. Run as a flight league in which you move based on win-loss of previous week. \$16/session

Session Dates: May 31-June 25 • July 5-July 30

Private Lesson Rates for Adults and Juniors

Director of Tennis: Private: \$40/hr, \$22/half-hour • Semi-Private: \$48/hr 3 & a Pro: \$54/hr • 4 & a Pro: \$60/hr

Staff Professionals:

Private: \$30/hr, \$17/half-hour • Semi-Private: \$36/hr 3 & a Pro: \$42/hr • 4 & a Pro: \$48/hr

Private Group Rates:
Private groups of 5 or more players can be arranged with desired pro upon court availability at a rate of \$8/hr/player.

USTA ADULT TOURNAMENT SCHEDULE
Riverside Adult Open: May 15-16
Wichita Adult Open: June 5-6
Ralph Wulz Adult Open: June 26-27
Steve Brodie Mid-Continent Adult Open: July 30-Aug. 1
All Woody Double Extravanganza: August 14



g2g Play in the Park Events*
Bring the family to discover (or rediscover) the fun of playing in a park. "g2g Outside" staff will be on hand with some special games and activities. All events run from 7-8 PM, are free to attend, and do

*For additional events, check the "g2g Outside" website at www.g2goutside.wordpress.com or email g2goutside@gmail.com

> June 2, 2010 g2g Plays at Evergreen Park 25th Street North & Arkansas

July 28, 2010 g2g Plays at the WATER Center Herman Hill Park 101 E Pawnee

August 11, 2010 g2g Plays at Sedgwick County Park 6501 West 21st Street North

g2g Explore Events*

Explore some of Sedgwick County's outdoor treasures with your family! These special, free tours run from 6-8 PM and do not require pre-registration.

*More Explore Events will be posted at www.g2goutside.wordpress.com

June 22, 2010 g2g Explore Sedgwick County Zoo 5555 West Zoo Boulevard

July 8, 2010 g2g Explore the Sedgwick County Fair Cheney, Kansas

> July 22, 2010 g2g Explores Botanica 701 North Amidon

August 19, 2010 g2g Explores the Great Plains Nature Center 6232 E 29th Street North

Sports

Basketball Clinic - Youth Beginner

Learn basketball fundamentals, rules and offensive/defensive strategies. Class will not meet on 7/5, due to holiday. 123291 5wks-6/7 M 6:00 pm-6:45 pm STAFF

Summer Activity Camp

Planeview Activity Camp for Kids

A low cost camp for the kids of the Planeview area. For graduated students of Kindergarten through 8th grade. One time initial registration fee of \$10.

121132 8 wks-6/1 STAFF

\$12 a week per child

Tots (Ages 3-5 unless otherwise noted)

Dance

Hip Hop for Tots

For ages 3-5. Educational and fun, kids learn about rhythm and movement, color identification, direction, and improved coordination to a hip hop groove. Movement games, choreography, and a lot of freestyle helps tots Tearn expression through dance.

121130 5wks-6/9 W 6:00 pm-6:45 pm T Hepner \$10

Sports

Pee Wee Basketball Learn basketball fundamentals of dribbling, passing & shooting.

121133 5wks- 6/8 Tu 6:00 pm-6:45 pm STAFF

Pee Wee T-Ball

This is an instructional T-Ball Clinic for 3 - 5 year old boys and girls to learn the basics of baseball/softball.

123292 5wks-6/10 Th 6:15 – 7:00 pm

EDGEMOOR 688-9392

Seniors (Ages 55+ unless otherwise noted)

Special Interest

Seniors - Bingo

Come join the fun and win a prize. Bingo is played the first & third Thursday of each month from 10:30-11:30 a.m. Prizes will be given for each game.

Seniors - Bridge

Experienced players meet every Thursday (except holidays) from 1:15 to 4:15 p.m. Cards, score books, and coffee are provided. The program is free and players are encouraged to bring snacks.

Seniors - Pitch

Beginners and experienced players are welcome to come and play this fun card game. Games are held every Friday (except holidays) from 2:00 to 4:00 p.m. Cards, score books, and coffee are provided. The program is free and players are encouraged to bring snacks.

Exercise/Fitness

Seniors - Forever Fit

A gentle fitness program for the senior adult. This is a low impact class which promotes increased strength, range of movement, balance and flexibility with the use of hand-held weights and elastic tubing with handles. A chair is used for seated and/or standing support. BOTH SESSIONS ARE TUESDAY & THURSDAY CLASSES.

Tu/Th 8:30 am-9:30 am 121440 5wks Tu/Th 8:30 am-9:30 am 121441 5wks

Adult (Ages 16+ unless otherwise noted)

Dance

Beginning Latin Dancing

Introduction to Latin Dance focusing on salsa rhythm, break steps, leading & following and basic turn patterns. Have fun learning smooth & easy Salsa, Mambo, Cha Cha, Rumba & Cumbia. COUPLES ENCOURAGED.

121411 10wks F 6:30 pm-7:30 pm J Equino-Humerez \$33

Country Dance - Basics

Introduction to country 2-Step, Triple-Step and Waltz along with basic turns. Fee is per couple and space is limited.

121416 10wks Th 6:45 pm-8:00 pm V Heitman \$66

Exercise/Fitness

Aerobics

\$10

Improve muscle tone, cardiovascular fitness and burn calories in this low-impact class. Class includes ab work and a short toning segment.

121403 10wks Th 5:30 pm-6:30 pm J Profaizer \$22

Aerobics - Step

Improve muscle tone, burn calories and improve cardiovascular fitness using step platforms.

5:45 pm-6:45 pm K Taylor 121404 10wks W

Summer of Discovery

is a ten-week summer recreation program offered by the Department of Park and Recreation. This program begins Thursday, May 27th and ends Friday, August 6th & is filled with exciting, fun and educational activities that will keep the participants busy all summer!

pring 2010

AGE REQUIREMENTS:
Summer of Discovery is licensed by the KDHE and is open to children ages 6-13 that are ambulatory and able to provide for their own personal needs in a 1:15 staff to child ratio setting. Participants not meeting the above requirements must complete and submit a special needs assessment form for review before admittance into the program.

PROGRAM HOURS: Monday - Friday, 7:00 a.m.-6:00 p.m.

PROGRAM FEES: The full cost per week is \$85 per child. Discount of \$10 for the 2nd child and \$20 for the 3rd and subsequent child in immediate family. May 27th & 28th are reduced to \$17 along with June 1st-4th and the special holiday week of July 6th-9th which is \$68. The SRS Vision Card is accepted at all locations.

REGISTRATION: At the time of registration, a down payment of \$25 per week/per child is due for each week of the program you plan to attend. Register directly at the location you wish to attend from 9:00 am-noon and 1:00-7:00 pm, Monday-Friday.

City of Wichita Department of Park and Recreation SUMMER ACTIVITY CAMPS

Camps will consist of field trips, organized games, education classes and free snacks.

	DAYS	DATE	TIME	PHONE #	FEE
Colvin	M-F	6/1-7/23	12pm-6pm	303-8023	\$12
Evergreen	M-F	6/7-7/23		303-8036	\$10
Lynette Woodard	M-F	6/1-7/23	12pm-5pm	303-8015	\$10
McAdams	M-F	6/1-7/23	12pm-5pm	337-9222	\$10
Boston — Hilltop	M-F	6/7-7/23	9am-12:30p	m303-8029	\$8
•	Thurs		12:30-4:00n		

Call these Recreation Centers for more information.



The Mayor's Family Bike Day

will be held Saturday, June 12 at Central Riverside Park from 9 a.m. – 12 p.m. Bring the family out for some free, outdoor fun. Participate in bicycle games, take a 4 mile ride along the Arkansas River bike path and more. For more information call 337-9096.

Body Workout

This class will instruct you in light cardio / weight routines in addition to a core workout. Combine fun with fitness to increase your cardiovascular and muscular endurance power. Class features standing circuit workouts, upper body strength work with hand-held weights, and elastic tubing with handles. It will optimize your strength, endurance, flexibility and posture through core conditioning. 121412 10wks Tu 9:30 am-10:15 am STAFF 121413 10wks Th 9:30 am-10:15 am STAFF

Core and More

Class focus is on improving strength in the "core area." Upper and lower body toning will also be incorporated, but no cardio. 121415 10wks F 8:15 am-9:15 am STAFF

Fitness Boot Camp

Outdoor/indoor high energy/cardio group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training.
123191 10wks W 7:00 pm-8:00 pm K Taylor

Yoga I

Learn physical postures, controlled breathing and mental focus. Personal yoga mats encouraged. D McAfee

121452 10 Wks Tu 5:45 pm-6:45 pm 121453 10wks Th 5:45 pm-6:45 pm C Ascanio

Emphasizes the further development of stamina, strength & energy flow. A broader repitoir of poses will be introduced. Students should have completed two sessions of Yoga I.

121455 10wks Tu 7:00 pm-8:00 pm D McAfee 121456 10wks Th C Ascanio 7:00 pm-8:00 pm

This class is a fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. It's not just a work out, it's a Party!
123206 10wks Tu 5:30 pm-6:15pm M Colchin \$21

Martial Arts/Self-Defense

Self-Defense Workshop

Workshop features hand-to-hand contact, control techniques, pressure points, blocks, kicks and punches to help enable people to protect themselves. Ages 8+. 123197 1wk (6/12) Sa

1:00 pm-4:00 pm T Boyle \$10

Tae Kwon Do - Intermediate

Green belts and above learn advanced techniques. Tae Kwon Do is a great family activity and an excellent way to get in shape. Learn Hapkido Self Defense and bond with your family. TKD emphasizes courtesy, integrity, perseverance, self control, and indomitable spirit. Master Tony Boyle has over 35 years instruction experience. Ages 6+.

121446 10wks Tu/Th 7:15 pm-8:15 pm T Boyle

Special Interest

Adult Drawing and Painting

Class is designed for both the beginning and advanced artist and will focus on drawing from observation as well as the elements and principles of design. Students will create artwork from still life using various media; including conte crayon, pencil, watercolor, and oil

pastels. Ages 16+. 122092 10wks Tu 7:00 pm-8:00 pm H Cook \$30

Outdoor Photography

Instruction in digital camera photography covering topics such as controlling the sun, nightime photography, outdoor portraits and more. Class will meet at predetermined locations, enabling students to photograph some of Wichita's finest outdoor sites.

6:00 pm-8:00 pm A Sprauge \$36 Tυ 123192 6wks

CLASSES BEGIN JUNE 7

Spanish - Basics

Learn the basics of the Spanish language including common words and phrases along with sentence structure. Textbook "Spanish in 10-minutes a Day" is required and not included in the class fee. 121443 10wks W 7:00 pm-8:30 pm J Eguino-Humerez \$35

Sports

\$22

Tennis - Adult

A beginning level class in which students learn tennis fundamentals, rules and game strategies.

6:45 pm-7:45 pm C Heck 122042 8wks

Youth (Ages 6-15 unless otherwise noted)

Martial Arts/Self-Defense

Tae Kwon Do - Beginning

Learn the martial art that teaches physical agility, mental discipline and self control. V-neck uniform required and can be purchased from instructor. Ages 6+.

121445 10wks Tu/Th 6:15 pm-7:15 pm T Boyle \$42

Tae Kwon Do - Intermediate

Green belts and above learn advanced techniques. Tae Kwon Do is a great family activity and an excellent way to get in shape. Learn Hapkido Self Defense and bond with your family. TKD emphasizes courtesy, integrity, perseverance, self control, and indomitable spirit. Master Tony Boyle has over 35 years instruction experience.

Ages 6+. 121446 10wks Tu/Th 7:15 pm-8:15 pm T Boyle

Special Interest

Drawing & Painting

Class will focus on sketching techniques to improve drawing skills while creating artwork in various media. It will include drawing from observation, contour drawing & shading, and simple watercolor techniques. This is a good class to strengthen fine motor skills and support creativity. Ages 8-16.

121418 10 wks Tu 6:00 pm-7:00 pm H Cook

Sports

Tennis for Youth

Youth will learn tennis fundamentals, rules and basic tennis terminology. 121451 8wks Tu 5:30 pm-6:30 pm C Heck

Tots (Ages 3-5 unless otherwise noted)

Dance

Ballet & Tap for Tots

Introductory ballet positions/steps and basic tap steps. 121406 10wks M 6:00 pm-6:45 pm P McC 6:00 pm-6:45 pm P McCall \$34

Sports

Pee Wee Indoor Soccer

Instruction in basic soccer skills and team play through modified games. Ages 4-5.

6:15 pm-7:00 pm M Hansen \$17

121432 Šwks M

Pee Wee Tennis

Learn basic grips and how to swing the racket properly. Class includes fun drills. Ages 4-5.

122041 8wks(6/14) Tu 4:30 pm-5:15 pm C Heck \$27

EVERGREEN 303-8036

Seniors (Ages 55+ unless otherwise noted)

Martial Arts

Tai Chi (Intermediate Class)

Tai Chi is now known as one of the most effective exercises, connecting Mind, Body and Spirit. This Arthritis Foundation Tai Chi program is suitable and effective for all ages, especially all types of arthritis and related conditions. Tai Chi is a low impact and gentle flowing movement, focusing on the inner power that strengthens the body which improves mental and physical balance and body

alignment. Regular practice of Tai Chi brings better health and harmonious life by reducing pain and stress. Participants should wear loose, comfortable clothing and soft soled shoes. Classes will be held at Minisa Shelter Building!!

11:00am-12:00pm V Olivier 122991 5wks M/W/F

Adult (Ages 16+ unless otherwise noted)

Dance

Beginning Latin Dancing

Teaching Salsa Rhythm, Break Steps, Leading/following. Fundamentals Dance Techniques, linking to Basic Turn Patterns. Have Fun learning Smooth & Easy Salsa, Mambo, Cha Cha, Rumba, Cumbia. COUPLES ENCOURAGED. 120780 8wks Th 6:30 pm-7:30 pm R Montoya \$30

M. E. Dance (Belly Dance) -Beginning

Learn the classic, feminine art form of belly dancing 12:00 am-1:00 pm STAFF 120828 8wks Sa \$36

Exercise/Fitness

Evergreen Boxing Class

Students will learn the basic fundamental stances, punches, combinations and defensive techniques of boxing. The class includes proper use of heavy bags and speed bags. (NO CONTACT) 120799 8wks Tu 6:00 pm-7:00 pm F Sanchez \$21

Fitness-AB Blast

Exercises focusing on abdominal muscles with minor stretching. This class will target the upper and lower abdominals, obliques, transverse and back muscles. These 'core' muscles supply power and support to the entire body.

120807 8wks 10:00 am-10:30 am R Wessel

Fitness- ABs and More

The first 30min we will focus on abdominal muscles with minor stretching. This class will target the upper and lower abdominals, obliques, transverse and back muscles. These 'core' muscles supply power and support to the entire body. Last 30min will Tone and Slim with weights and resistance bands for upper and lower body. Customized individual workouts.

120804 10wks Tu 7:30 pm-8:30 pm R Wessel 120805 10wks Th 7:30 pm-8:30 pm R Wessel

Fitness-Aerobics - Interval Step

Step aerobic cardiovascular conditioning alternating with toning and strengthening segments.

120808 10wks Tu/Th 6:30 pm-7:20 pm R Wessel 6:30 pm-7:20 pm R Wessel 6:30 pm-7:20 pm R Wessel \$21 \$21 120809 10wks Tυ 120810 10wks Th 10:30 am-11:00 am R Wessel 120811 10wks Sa

Fitness Center - Membership

Supervised weight room facility with free weights, heavy bag and various exercise machines for maintaining or improving muscle mass, strength and body toning. The Evergreen facility includes new Paramount fitness equipment 10 week membership fee for \$27. Drop-in fee is \$1 per visit. Hours of operation are M-F 9:00 am - 7:00 pm, Saturdays 11:00 am - 1:00 pm.

Fitness- Cross Trainer Circuit

Each workout mixes it up incorporating aerobics exercises for ultimate fat burning, to create muscle contusion and fight boredom. Classes can be modified for all fitness levels.

120806 10wks W

R Wessel 7:00 pm-8:00 pm

Fitness-Just Pump It

Did you know by adding muscle to your body through weight training your body burns more calories. strengthen, tone and sculpt your body with this class,. Using floor exercise, weight training, abdominal exercise and stretching. Some cardio maybe involved, hand held weight and fitness balls are encouraged.

6:00 pm-6:30 pm A Martinez \$11 6:00 pm-6:30 pm A Martinez \$11 120814 10wks Tu 120815 10wks Th

Fitness-Step N Pump

Tone your body, Burn Calories and improve Cardiovascular fitness. 30 minutes of Step followed by strength training and toning, using weights and floor exercise. Ending with a stretching and relaxation segment. High energy class all fitness are welcome. 120816 10wks M 6:00 pm-7:00 pm A Martinez \$21

120817 10wks W 6:00 pm-7:00 pm A Martinez \$21 120818 10wks M/W 6:00 pm-7:00 pm A Martinez \$42

Fitness-WOW- Women on Weights

A womens only program designed to teach how to train correctly and effectively. Workouts customized for each individual. 120821 10wks Sa 9:00 am-10:00 am R Wessel

Zumba-Fitness

The Zumba Fitness program fuses hypnotic Latin rhythms and easyto-follow moves to create a one-of-a-kind fitness program that will' blow you away! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.
122191 10wks Sa 10:00 am-10:45 am A Martinez \$21

Special Interest

Beginning Hispanic Cooking

Learn to make authentic dishes from Flower tacos to Enchiladas and have your own Fiesta 120777 5wks 6:00 pm-7:00 pm STAFF \$28

Conversational Spanish (Advanced)

This class is for the student who have successfully completed Conversational Spanish I, II, and III classes at this location. 120789 10wks Sa 12:00 pm-1:30 pm R Alvarez

Conversational Spanish I

Learn basic communication skills in Spanish. 7:00 pm-8:30 pm C DeBever 7:00 pm-8:30 pm C DeBever 10:30 am-12:00 pm R Alvarez C DeBeverly \$35 C DeBeverly \$35 n R Alvarez \$35 120792 10wks Tu 120791 10wks Th 120790 10wks Sa

Conversational Spanish II

For the advanced student to improve conversational skills. \$35 120794 10wks Sa 9:00 am-10:30 am R Alvarez

Crocheting - Beginner/Intermediate

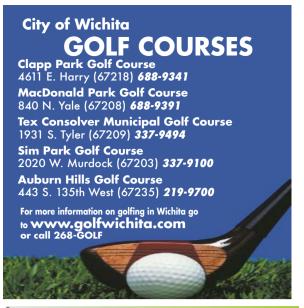
This course designed for beginners and intermediate crocheting. Beginners will learn how to hold a hook and start a chain, then Advance to single & double crochet. Intermediate crocheting will learn a new stitch, and possibly learn to read and follow a pattern. 6:00 pm-7:00 pm D Hutcheson \$12 120795 3wks



Enjoy your golden years with good companionship and fun activities including dances, pitch, bridge, and bingo (a \$2.00 yearly membership is required). All dances are held from 7:00-10:00 pm and are \$2.00 to attend. You must be 55 years old or accompanied by a current GAC member to attend the dances. Contact your neighborhood Recreation Center for details.

CENTER	CLUB DAYS	DANCE
Boston	Wednesday	Wednesday
Evergreen*	Monday	Monday
Linwood	Tuesday	Saturday
McAdams	Tuesday	No Dance
Minisa	Thursday	Thursday
Orchard	Thursday	Friday
Osage	Monday	Tuesďay
maria I		0

*1st Monday of each month the GAC dance is held at Minisa Shelter Building



Sports

Adult Basketball Open Gym

Gym is available for adults ages 18 & up for basketball on Mondays 7:00pm-9:00pm, \$2.00 Fee is per visit.

EBA Men's Open Basketball League

Evergreen Basketball Association. Open to all men's teams. League operates under college rules (with a few exceptions) and is limited to 15 teams with rosters of 12 players. Organized and designed to afford teams competitive league games with team and individual awards. All games will have officials. League begins June 12, 2010. The gymnasium features include a hardwood floor with glass backboards! 120797 10wks Sa-Su 1:00 pm-10:00 pm L Dennis \$35

Youth (Ages 6-15 unless otherwise noted)

Dance

Dance - Hip-Hop

Hip Hop: For Ages 9-18. This class is an fun work-out for those who love to dance. Learn the latest dance moves from the Hip Hop craze and put them into routines. Emphasis put on body placement, all positions, dance combinations, rhythm and having fun. 120796 8wks Th 7:30 pm-8:20 pm D Wilson

M. E. (Belly Dance) - Mother/Daughter

Mother and daughter, learn the classic, feminine art form of belly dancing 120827 8wks Sa 11:00 am-12:00 pm STAFF

Mexican Folklorico Dance

Learn how to dance Mexican folklore!! Zapateado, caballito, borracho are just a few steps that make up famous dances such as Jarabe Tapatio (Mexican Hat Dance), or El Son de la Negra. Learn steps and choreography of these dances and many more. This dance class is for youth ages 3-13. Ages 3-7yrs old will meet on Monday and ages 8-13 yrs old will meet on Wednesdays! 122941 10wks M 6:00pm-7:00pm M. Escalante \$3 M. Escalante \$30 6:00pm -7:00pm 120830 10wks W M. Escalante \$30



The Walnut Valley Sailing Club will be offering two sailing camps for beginners through advanced students at El Dorado Lake. Two sessions will be held each lasting three weeks-beginning June 14 and July 5. Course content consists of sailing instruction and all the related skills large fleet of boats are used in the training program. Adult classes are also offered. For details and registration go to the Web site www.wvsailing.com or call (316) 686-8823.



This is a one week clinic during the morning hours designed for beginning golfers ages 8 – 15 who have never had an experience with golf or might not otherwise has an opportunity. Children participating may not have played golf, or own a set of clubs.

SPACES ARE LIMITED!!

For more information on participating or becoming a sponsor contact Mark Lowry at Orchard Recreation Center 337-9244.

This program is for kids ages 8-15 who have never had an experience with golf.

Special Interest

Cheerleading / Dance

Instructions on the basic fundamentals of cheering, dance and step techniques to hip hop music. Great class! 12078'6 8wks Sa 12:00 pm-1:00 pm M. Escalante \$33

Make a Pinata

Design and make your own pinata....Great for gifts! 120829 5wks 'Sa 1'1:00am-1200pm M Escalante \$12

Spanish for Youth

Start your child on the bi-lingual path early! This class is for 5-10 year olds. They will learn the basics, such as numbers, colors and days of the week and will progress to simple phrases. 120838 8wks 10:00 am-11:00 am STAFF

Sports

Basketball Clinic - Youth Beginner

Learn basketball fundamentals, rules and offensive/defensive strategies. Ages 6-10. 120776 5wks 11:00 am-12:00 pm L Dennis

Soccer Clinic

O.K. kid

Introductory training to introduce and familiarize students with the basics of soccer. The class includes offensive and defensive strategies. 10:00 am-11:00 am F Sanchez 120836 5wks



At Watson Park, 3022 S. McLean Blvd. Saturday, May 22nd 9:00 a.m. - 12:00 noon Children ages 5 – 12 are invited to this FREE event!

There will be a limited number of free T-shirts and a hot dog for each child that attends. Activities include: miniature golf, volleyball, water safety clinic, prizes, train rides, moonwalk, fishing clinics, pony rides, kits provided by Home Depot for the children to assemble that day and much more! For more information please call Watson Park at 529-9940. Children should register the morning of the event for limited number of spaces in

some of the activities. The O.K. Kids Program is developed and operated by the Kansas Wildscape Foundation, Kansas Recreation and Park

Association, Kansas Health Foundation, and Kansas Department of Wildlife and Parks.



KANSAS

WILDSCAPE

The Home Depot Inc., Farmland Foods, Checkers Foods, Wal-Mart, Spangles, Gander Mountain Store, Ace Hardware, Sedgwick County Zoo, Tanganyika Wildlife Park, Seneca Bowl & YMCA are some of the local supporters of the program.



YOUTH PROGRAMS

CREATURE FEATURES

Each Tuesday, we'll focus on a different garden animal. We'll learn a bit about the animal, check out where the animal is located in the Garden and watch its activities. Then children will create a fun craft project based on the featured creature to take home. For K-3rd project based on the teatured creature to take home. For K-3rd grades. Children 6 and under must be accompanied by an adult. June 15: Butterflies

June 15: Butterflies

June 29: Worms

July 6: Frogs

July 6: Frogs

July 20: Bees

July 20: Bees

July 27: Fish

July 27: Fish

July 27: Fish

July 27: Fish

July 28: Birds

August 3: Birds

August 10: Ants

July 29: Bees

July 20: Bee

FUNDAY FRIDAYS

Fridays at Botanica offer something different each week! Stories, games and activities, all in the beautiful Gardens and all fun! For 1 stdames and activities, all in the bedulinit Gardens and all ton! For 1st-oth grades. Children 6 and under must be accompanied by an adult. June 11: Pirate Treasure Hunt 10am or 1pm P. Harnden \$10, \$8 members 10uly 9: It's Easy To Be Green July 16: Garden Scavenger Hunt August 6: Flower Arranging August 13: Paper Making 10am or 1pm P. Harnden \$10, \$8 members P. Harnden \$

Seniors (Ages 55+)

Keep Moving Tai Chi

connective tissue disorders.

121232 10wks T/Th 5:45-6:45 pm

GARDEN GIZMOS
In this class, we'll create projects that you can take home and display in your garden. We'll also four the Gardens and get inspi-

ration from their beauty. For K-6th grades. Children 6 and under must be accompanied by an adult.

June 10: Stepping Stones 10am or 1pm P. Harnden \$15, \$12 member 17: Windsocks 10am or 1pm P. Harnden \$15, \$12 member 19. In add Houses 10am or 1pm P. Harnden \$15, \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15, \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15, \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15, \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15, \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15 member 19. In add Houses 10am or 1pm P. Harnden \$15 member 19. In add House 19. In a \$15, \$12 members July 8: Gourd Birdhouses 10am or 1pm July 15: Stepping Stones 10am or 1pm June 29: Terrariums 10am or 1pm August 5: Suncatchers 10am or 1pm August 12: Windchimes 10am or 1pm Harnden Harnden P. Harnden P. Harnden P. Harnden

GARDEN SPROUTS: FROG FUN

Garden Sprouts: FROG FUN
Garden Sprouts is a special opportunity to share nature on a oneto-one basis with your preschool child. Each month centers around
a new theme with supporting activities to foster an understanding
and appreciation of the natural world, while offering an enjoyable
outing for child and adult. In June, take a leap into fun as we learn
about the frog lifecycle and look for frogs in our Garden. We'll
read a frog story and make our own frogs to take home.
June 8 10am or 1pm P. Harnden \$7, \$4 members

LINWOOD 337-9191

Class uses supported curriculum of the Arthritis Foundation. A slow

and promotes correct body position while integrating body, mind and soul. Beneficial for those with a rheumatic type of disease and

D Ogletree \$42

moving exercise combining stress reduction with movement. Improves flexibility, strength, balance, decreases pain and stress

GARDEN SPROUTS: GARDEN MUSIC

Garden Sprouts is a special opportunity to share nature on a one-to-one basis with your preschool child. Each month centers around a new theme with supporting activities to foster an understanding and appreciation of the natural world, while offering an enjoyable outing for child and adult. In July, there's a symphony playing at Botanica! Come into the Gardens to hear the music-swish, buzz, croak, rustle! See who or what is making noise and who is quiet as a mouse! Then we'll make our own musical instruments out of natural materials.

July 13 10am or 1pm P. Harnden \$7,\$4 members

GARDEN SPROUTS: ANT ANT-ICS
Garden Sprouts is a special opportunity to share nature on a one-toone basis with your preschool child. Each month centers around a new theme with supporting activities to foster an understanding and appreciation of the natural world, while offering an enjoyable outing for child and adult. In August, we'll learn why ants are so busy. Come explore the world of ants-follow them around in the Garden, read an ant story, eat ants on a log and make an ant craft!

August 10 10am or 1pm P. Harnden \$7, \$4 members

ADULT PROGRAMS

BASICS OF PHOTOGRAPHY WORKSHOPS

June 2: White Balance 7-9pm J. Cowell \$45, \$35 members July 22: The Camera 6:30-8:30pm J. Cowell \$45, \$35 members July 25: Flash, Metering & Available Light1-3pm J. Cowell \$45, \$35 members Intro To Digital Photography 3:30-5:30pm J. Cowell \$45, \$35 members August 23: Macro 6:30-8:30pm J. Cowell \$45, \$35 members September 12: Exposure 3:30-5:30pm J. Cowell \$45, \$35 members

BEGINNING & INTERMEDIATE WATERCOLOR AT BOTANICA

This is an introduction to watercolor painting. Basic techniques covered will include washes, use of positive and negative space, aerial and linear perspective, subtractives and special effects. Most sessions will end with a brief presentation by the instructor of some watercolor artist, style or movement of historical importance. Mondays (10 wks, June 21-August 30) 6:30-8:30pm J. Lokke \$115, \$100 for members

PHOTOGRAPHY IN THE GARDENS WITH JEFF COWELL

Walk through the Gardens and get hands-on instruction to improve your photography skills. June 15: Wildlowers and Roses 6-8pm 6-8pm 6-8pm J. Cowell J. Cowell J. Cowell \$25, \$15 members \$25, \$15 members \$25, \$15 members July 20: Waterlilies August 19: Butterflies September 14:

\$25, \$15 members \$25, \$15 members \$25, \$15 members Chrysanthemums & Sunsets 6-8pm October 21: Fall Foliage 5-7pm November 30: Illuminations 5-7pm Cowel J. Cowell J. Cowell

WATERCOLOR AND PASTEL WORKSHOPS
June 15-16 6:30-9:00pm A. Horton \$55, \$45 members
July 1 & 8 1-3:30pm A. Horton \$55, \$45 members
August 12 & 19 6:30-9:00pm A. Horton \$55, \$45 members
Please call for class descriptions and/or for more information. June 15-16 July 1 & 8 August 12 & 19

FOR ALL AGES

BIRDING AT BOTANICA

Bring your binoculars and tour the grounds with birdwatchers Pat & Roy Beckemeyer to encounter and learn about the birds that call

Linwood Recreation Center • 1901 S. Kansas Presents the

2010 Senior Wellness Celebration May 26 • FREE EVENT

Activities will start as early as 8:30 - watch for a more detailed event schedule

Lunch at 11:30 - Must make a reservation by calling 219-4020 before May 20th Vendor Booths - 12 to 3

May 26th is National Senior Health and Fitness Day, so come celebrate with us! Check out all the opportunities and services and get your group signed up for the Mayor's Senior Challenge! You won't want to miss out on

all the information and giveaways! For more information or to partner with us by having a booth or providing services, call 337-9191.

the Gardens home during the summer. This one-hour guided walk is for birders of all ages and skill levels.
June 15 9-10am P. & R. Beckemeyer Free with admission July 20 9-10am P. & R. Beckemeyer Free with admission August 17 9-10am P. & R. Beckemeyer Free with admission

FAMILY FUN DAY: BIRDHOUSES & FEEDERS

Build a birdhouse and a feeder to put in your yard for your feathered friends. We'll provide the materials and the tools- everything but the birds!

June 19 10am P. Harnden \$20 per family, \$15 for members

FAMILY FUN DAY: WILDFLOWERS

We'll take a walk to check out the wildflowers here at Botanica and learn to identify them by leaves, smell, shapes or colors. Each family will create a wildflower guide to use in the Garden and to take with them for weekends in the garden or in the country.

July 17 10am P. Harnden \$20 per family, \$15 for members

FAMILY FUN DAY: GARDEN ART

Let's make some art for your garden. How about a whimsical wreath made with a garden hose? Personalized pots for garden blooms? "Hand" made windsocks to wave in the breeze? We're doing it all in this fun class.

August 14 10am P. Harnden \$20 per family, \$15 for members.

\$20 per family, \$15 for members

NIGHT HIKE: SUMMER SOLSTICECelebrate the longest day of the year, the summer solstice. Get information about Botanica's themed gardens from our Garden Guides and enjoy light refreshments on the Pavilions.
June 21 6-8pm K. Jahn \$6 Adults, \$3 Children

NIGHT HIKE: CREATURES OF THE NIGHT

Make plans this summer to explore Botanica after dark and see what is out and about in the evening. Use your night eyes and ears for this walk and learn about owls, frogs, spiders and other garden visitors. Plus, enjoy a surprise treat at the end of your garden walk. July 26 8:30-10:30pm K. Jahn \$6 Adults, \$3 Children

PHOTOGRAPHY SHOOT & SHARE
If you are interested in Botanica's Photography Competition or just
wanting feedback on your shots, bring prints of your work for critique and review by Ric Wolford. Get tips on how to develop your artistic eye and improve your compositions, color renditions and sharpness to create maximum impact and effect.

August 14 10am-12pm R. Wolford Free with Admission Free with Admission

TOPICAL TOURSJoin us for a 45-minute guided tour on a specific topic that is pertinent to the Gardens that month.

In The Rose Garden 10-11am K. Jahn Free with Admission

July 8: The Milburn Aquatic Collection 10-11am K. Jahn Free with Admission

August 12: Perennials and Wildflowers 10-11am K. Jahn Free with Admission

Enrollment for programs will be taken Monday-Friday 10am-4pm. Registration closes four days prior to the event. Pre-registration and pre-payment is required for all classes. For a full refund, cancellations must be made by phone four business days before the scheduled class. We are unable to issue credit for a refund for missed classes or cancellations made thereafter. You may send an alternate if you are unable to attend. In some cases, your payment may be applied to another class. If Botanica must cancel a class, you will be issued a full refund.

Adult (Ages 16+ unless otherwise noted)

Dance

Beginning Latin Dancing

Teaching Salsa Rhythm, Break Steps, Leading/following. Fundamentals Dance Techniques, linking to Basic Turn Patterns. Have Fun learning Smooth & Easy Salsa, Mambo, Cha Cha, Rumba, Cumbia. COUPLES ENCOURAGED. 121196 10wks Th 6:00 pm-7:00 pm J Eguino-Humerez \$34

M. E. Dance (Belly Dance) - Advanced

For those who have had an intermediate class and want to learn more about the dance form. May need instructor approval to enroll in class 121234 10wks W 8:00 pm-8:50 pm S Shields

M. E. Dance (Belly Dance) -Beginning

Learn the classic, feminine art form of belly dancing 121235 10wks W

6:00 pm-6:50 pm S Shields

Learn to play the newest craze among seniors-Pickle Ball. A funny name for a fun and strategic game. It's combination of tennis and badminton using wooden paddles and a waffle-type ball. This is an ongoing program on Tuesday and Thursday mornings from 8:30am to 11 am. FREE

M.E. Dance (Belly Dance)-Intermediate

For dancers who have had a beginning class and want to learn more. 121236 10wks W 7:00 pm-7:50 pm S Shields \$40

Exercise/Fitness

Keep Moving Tai Chi

Class uses supported curriculum of the Arthritis Foundation. A slow moving exercise combining stress reduction with movement. Improves flexibility, strength, balance, decreases pain and stress and promotes correct body position while integrating body, mind and soul. Beneficial for those with rheumatic type of disease and connective tissue disorders.

121232 10wks T/Th 5:45-6:45 pm D Ogletree \$42

Martial Art/ Self-Defense

Chinese Internal Boxing - Novice

Continued study and practice of Internal boxing. Prerequisite of Introduction to Chinese Boxing and instructor approval required. Instructors: Don White and IBA instructors. No class Monday, July 5. 121204 10wks M 5:30 pm-6:45 pm D White

Introduction to Chinese Boxing

Pakua Chang is an ancient Chinese internal martial art that stresses fitness, flexibility, and natural, powerful movements. It advocates a balanced, unified approach to the training of mind, body, and spirit. Self defense tactics and strategies are practiced and employed to advance the development of the total person.

Appropriate for all ages (12+) and natural athletic abilities are not a prerequisite. No class Monday, July 5. 121226 10wks M 7 pm-8:15 pm D White \$22

Judo - Beginning

Learn the fundamentals of sport judo, including falling techniques, basic throws, blocks, grip escapes and an introduction to judo competition. 121229 10wks Th 6:00 pm-7:00 pm STAFF \$21

Judo - Intermediate (ages 8 & up)

Techniques allowing for further rank advancement in Judo. Previous instruction required. Must have Judo GI (outfit). No classes Monday, July 5. 6:00 pm-8:00 pm J Kester 123205 1'Owks M

Judo - Adv. (ages 8 & up)Techniques allowing for further rank advancement in Judo. Previous instruction required. Must have Judo GI (outfit). 121228 10wks W 6:00 pm-8:00 pm J Kester \$42

Tae Kwon Do - Adult/Youth

Ages 8+ will learn this Korean martial art that teaches physical agility, mental discipline and self-control. 121246 10wks Tu/Th 7:15 pm-8:15 pm B McCune \$42

Sports

Pickleball

Learn to play the newest craze among seniors-Pickle Ball. A funny name for a fun and strategic game. It's combination of tennis and badminton using wooden paddles and a waffle-type ball. This is an ongoing program on Tuesday and Thursday mornings from 8:30am to 11 am. FREE

Youth (Ages 6-15 unless otherwise noted)

Martial Arts/ Self-Defense

Judo - Beginning

Learn the fundamentals of sport judo, including falling techniques, basic throws, blocks, grip escapes and an introduction to judo competition. 6:00 pm-7:00 pm STAFF 121229 10wks Th

Tae Kwon Do - Adult/Youth

Ages 8+ will learn this Korean martial art that teaches physical agility, mental discipline and self-control. 121246 10wks Tu/Th 7:15 pm-8:15 pm B McCune \$42

Sports

T-ball (5 & 6 year olds)

This is an introductory recreational program. Participants will be instructed in the fundamentals of the game. 123202 5wks W 5:45 pm-6:45 pm S Fielding

LYNETTE WOODARD 303-8015

Adult (Ages 16+ unless otherwise noted)

Walk Club

Would you like a place to walk when the weather doesn't cooperate? Participants have access to the gym and hallways on Mondays, Tuesdays, Thursdays & Fridays-it's FREE! Lynette Woodard Recreation Center's walkers can come Mondays through Fridays, from 10:00a.m. - 12:00 pm.

Weightlifting

Supervised weight room facility with free weights, various exercise machines for maintaining or improving muscle mass, strength and body toning. 121596 10wks M-Fri 3:00 pm-6:00 pm STAFF

Sports

Summer Hoopin League

Basketball League for grade school, middle school boys and girls. 121575 10wks M 6:00 pm-9:00 pm STAFF

Summer Activity Camp

NEACK - Middle School

Summer Recreation Program that consists of field trip, organized games, swimming and tree snacks. Cost is \$10 per week.

MGADAMS 337-9222

Seniors (Ages 55+)

Special Interest

Domino Play

Learn to play the game of dominoes with other seniors. Must be 60 years or older. 120861 10wks 5:00 pm-6:00 pm STAFF \$10

Adult (Ages 16+ unless otherwise noted)

Exercise/Fitness

Aerobics-Low Impact

Warm ups and easy to follow, low-impact floor exercises. 120857 10wks Sa 9:30 am-10:20 am A Gabbo 9:30 am-10:20 am A Gabbard \$21

Special Interest

Sewing - Beginning

Learn the basics of sewing and how to read patterns to make clothing, drapes, and many other basic cloth sewing needs. 120867 8wks Sa 11:00 am-1:00 pm D Earsery

Sports

Basketball Adult Men

120858 10wks M/W 6:00 pm-8:00 pm J Brown \$10

Church Basketball League

Adult (ages 16 and up) league for teams. Officials provided. 120860 10wks Th 6:00 pm-9:00 pm J Brown \$10

Youth (Ages 6-15 unless otherwise noted)

Martial Arts/Self-Defense

Judo - Beginning

Learn the fundamentals of sport judo, including falling techniques, basic throws, blocks, grip escapes and an introduction to judo competition. Bostons' class #106561 is for ages 13 & up. 120'866 10wks Sa 11:00 am-12:00 pm J Kester

Sports

Basketball Clinic - Youth Beginner

Learn basketball fundamentals, rules and offensive/defensive strategies. Ages 6-10.

120859 5wks F 4:30 pm-5:15 pm J Brown \$21

ORCHARD 337-9244

\$20

Co-ed youth basketball league 123341 8wks M-TH 6:00 pm-9:00 pm STAFF

Seniors (Ages 55+)

Summer Hoopin Basketball League

Exercise/Fitness

Senior Fitness Center Memberships - See Fitness Center **Memberships**

Tai-Chi for Seniors

Tai Chi is now known as one of the most effective exercises, connecting Mind, Body and Spirit. This Arthritis Foundation Tai Chi program is suitable and effective for all ages, especially all types of arthritis and related conditions. Tai Chi is a low impact and gentle flowing movement, focusing on the inner power that strengthens the body which improves mental and physical balance and body alignment. Regular practice of Tai Chi brings better health and harmonious life by reducing pain and stress. Participants should wear loose, comfortable clothing and soft soled shoes. Classes will be held at Kiwanis Shelter Building 5101 W 2nd!! 123091 10wks T/Th 11:15 am-12:15 pm V Olivier \$42

Sports

Pickle Ball

Come enjoy an afternoon of Pickle Ball. A funny name for a fun and strategical game. It's a combination of tennis and badminton using wooden paddles and a waffle-type ball. Offered Thursday afternoons from 1pm - 3pm.

Adult (Ages 16+ unless otherwise noted)

Dance

Clogging - Beginning

Beginning clogging; learn the basics. Class meets at Kiwanis Shelter Bldg - 5101 W. 2nd. Register at Orchard Recreation Center. Participants must provide their own clogging shoes. 120875 10wks M 6:00 pm-7:00 pm J Dawley

Country Line Dance - Beginning

Learn the most popular dances - the Tush Push, Twister, Hi-Tech, Watermelon Crawl and more! 6:30 pm-7:30 pm M/G Calkins \$33 120879 10ks Th

Country Line Dance - Intermediate

Learn line dances to the newest music, new steps to favorites.

120881 10wks Th 7:45 pm-8:45 pm M/G Calkins \$33

Line Dancing

Come out and enjoy an afternoon of line dancing to your favorite songs hosted by our instructors Mary Lue and Gale Calkins. Fee is per person. Pre-registration is appreciated. 123791 1wk Sun 7/25 2 pm-4 pm M/G Calkins

Performance Clogging

Advanced clogging performing shows. Class meets at Kiwanis Shelter Bldg - 5101 W. 2nd. Register at Orchard Recreation Center. Participants must provide their own clogging shoes. 120900 12wks M 7:30 pm-9:00 pm J Dawley

Exercise/Fitness

Aerobics - Step & Tone

Cardiovascular conditioning and toning with the use of a step platform, handheld weights and exercise bands. 120870 10wks M/W 6:30 pm-7:20 pm J Tindall

Fitness Center Memberships

Come join Orchards new renovated fitness center with 14 cardio machines, cardio theater, and a brand new weights area. Come and get a total workout with all new precor equipment.

\$20 month single adult \$35 month Family (2 adults, 2 kids same household)

\$15 month Seniors 55+

\$25 month Senior Family (2 Seniors same household)

Great Plains Nature Center 6232 E 29th Street North Contact Connie at 683-5499x107

Little Nature Lovers

Explore the world of nature through crafts, games and children's iterature. Lots of sensory experiences will develop understanding and appreciation of the great outdoors. For ages 3 - 5 and a caregiver
Thursdays through May, 9:30 – 10:30 a.m.
Fee: FREE, registration not required

Summertime Stories

Join us inside the cool Great Plains Nature Center's lobby for story time. Mostly for little ones, but everyone is welcome. For ages 0 - 6 Every Wednesday, 11 a.m. Fee: FREE, Registration not required

Herp HuntBe prepared to get wet and muddy! We'll go off the trails to hunt for snakes, frogs, turtles and toads (herps). Wear long pants and closed-toe shoes. For ages 8 and up (completed 2nd grade) May 28, 9 – 11 a.m. Fee: FREE, registration required

Fishing Clinics

Fishing clinics are open to children of all ages, but are designed for kids aged 5 - 12. A minimum of one adult must accompany the child(ren) and pre-registration is required. Intro to fishing is required before taking Fishing with Lures. Class size is limited to 20 children per session. For all ages, but designed for kids 5 - 12

9 - 11:30 a.m. on all days

May 25 – Intro to fishing

June 1 – Fishing with Lures

July 20 – Fishing with Lures

July 20 – Fishing with Lures

July 21 – Intro to Fishing

June 22 – Intro to Fishing

June 22 – Intro to Fishing June 29 – Fishing with Lures August 3 – Intro to Fishing August 10 – Fishing with Lures Fee: FREE, registration required by calling Jessica at 316-683-8069.

Into the Wild West
Journey with a staff naturalist off the usual trails to explore the west side of Chisholm Creek Park to find spectacular wildlife. Binoculars, magnifying glasses and compasses will be provided.
For ages 6 - 11 (completed Kindergarten - grade 5)
Friday, June 4, 9 - 11:30 a.m. Fee: \$3 members, \$5 non-members

Naturally Crafty

Are you ready to get crafty? Here's your chance to make terrific art projects using natural materials. Attend one session or all four for a

new craft each week.

For ages 6 - 11 (completed Kindergarten - grade 5)
Tuesdays: June 8, July 6, July 20, 1 - 2:30 p.m.
Fee: \$5 members, \$8 nonmembers, per session

The Wonderful Adventures of Dr. Cricket

Dr. Cricket is returning this summer. Prepare to be totally amazed by the stories and information from his wonderful adventures. For all ages.

Every Monday, June 7 - July 26, 2 p.m. Fee: FREE, Registration not required

Auntie Maude

Auntie Maude has tons of questions to ask about nature and Kansas wildlife. If you also have questions we can try to answer them, too. Just e-mail Auntie Maude's sister at connie@gpnc.org. For all ages
Thursdays, June 10 - July 29, 2 p.m.
Fee: FREE, Registration not required

Junior Entomologists

Entomologist is just a fancy word for people who love bugs! Come ready to learn about and find all sorts of cool bugs in the park. Entomologists will need to dress in long pants, sturdy closed-toe shoes and a hat. For ages 9 - 11 (completed grades 3 - 5)

Thursday, June 10, 9 - 11:30 a.m. Fee: \$3 members, \$5 non-members

26th Annual Walk with Wildlife

This annual event gives visitors the opportunity to view live Kansas wildlife: mammals, birds, reptiles, amphibians and insects. Meet hawks, owls, turtles, snakes, a skunk and much, much more. Facilities are wheelchair accessible. Food concessions will provide lunch and snacks. Saturday, June 12, 9 a.m. - 3 p.m. Fee \$2 per person, registration not required

Migration ExplorationAll participants become migratory birds at the beginning of this program. During the couse of their migration, they will learn what birds need to survive migration. For ages 9 - 11 (completed grades 3 - 5)

Tuesday, June 15, 9:30 - 11:30 a.m.

Fee: \$3 members, \$5 non-members

Incredible Bugs

Bugs, bugs! Here in Chisholm Creek Park we have lots of bugs: little ones, big one, bigger ones. Dress in long pants, sturdy closed-toe shoes and a hat! For ages 6 - 8 (completed Kindergarten - grade 2)

Wednesday, June 16, 10 - 11:30 a.m.

Fee: \$3 members, \$5 non-members

Me and My Dad

Hey kids, here is a chance to give your Dad a special gift. Bring him to the Great Plains Nature Center for an adventure! Take a hike with naturalists, tour the nature center and see wildlife up close. For ages 6 - 11 (completed Kindergarten - grade 5) Friday, June 18, 7 - 9 p.m.

Fee: \$1 per child, Dads free; registration required.

Camp Chisholm

Its three mornings packed full of adventure, games and activities in Chisholm Creek Park. Includes a mid-morning snack. For ages 6 - 11 (completed Kindergarten - grade 5) Tues., June 22 - Thurs., June 24, 8:30 - 11:30 a.m. Fee: \$9 members, \$15 nonmembers

Noses to the Ground

It takes wee eyes to see wee things. And it helps when our noses are very close to the ground. This hike is just for toddlers! For ages 3 - 5 (not yet in Kindergarten)
Tuesday, June 29, 10 - 11 a.m.
Fee: \$3 members, \$5 non-members

Into the Wild East

Journey with a naturalist through the east side of Chisholm Creek Park to find spectacular wildlife. Binoculars, magnifying glasses, and compasses will be provided.

For ages 6 - 11 (completed Kindergarten - grade 5)

Thursday, July 1, 9 - 11:30 a.m.

Fee: \$3 members, \$5 non-members

Wetland Ecology 101

Explore the diversity of life found in our wetlands. This program includes water sampling and the use of microscopes to examine a world we rarely see. For ages 9 - 12 (completed grades 3 - 6)

Wednesday, July 7, 9 - 11 a.m. Fee: \$3 members, \$5 non-members

Ornithology 101
Learn about bird identification, bird behavior and bird adaptations. Binoculars will be provided for birding hikes. For ages 9 - 12 (completed grades 3 - 6) Tuesday, July 13, 8:30 - 11:30 a.m. Fee: \$3 members, \$5 non-members

River Walk

Join us on this nature walk down the middle of the Arkansas River through a two-mile stretch between K-96 and 21st Street. You'll be amazed at what we will see! Register, and we'll contact you with details. For ages 9 - 15 (completed grade 3 & up)

Wednesday, July 14, 8:30 - 11:30 a.m.

Fee: \$5 members, \$8 non-members

WANTED:

Duskins to search high and low in the woodlands, along Chisholm Creek and in prairies for "Duskies." A Duskin is a boy or girl who is at least 7 years old and not older than 12 years, 12 months and 12 days. They must wear proper duskin attire which includes a drab colored hat, old drabby shoes, drabby looking long pants and drab shirt. Remember – Duskies are not dangerous, but they are very elusive. Some are rather elegant and all are very gentle.

For ages 7 - 12 years, 12 months & 12 days
Thursday, July 16, 7:07 p.m. Fee: \$3 for Duskie Search Permit

What Makes a Bird a Bird?

We see them all the time, but have you ever stopped to consider why birds are so unique? Learn what makes birds special. This program will feature live birds. For all ages

Wednesday, July 21, 10 - 11 a.m., program repeated 2 - 3 p.m. Fée: FREE, Registration not required.

\$15 month Youth (ages 13-17) \$4.00 per visit – Drop in Fee \$10.00 per month for persons registered in additional Orchard Recreation Classes

Kripalu Yoga

Hatha postures practiced gently with an emphasis on being present in your body, sustaining a flowing breath. Allows you to choose the level of physical intensity that is right for your body. Recognizes that every body is different and encourages you to create a lifestyle supportive of your health by listening to your own body. The overall experience is one of learning to love and nuture

your body, not whip it into shape.
* T/Th morning classes meet at the Kiwanis Shelter Building located at 5101 W. 2nd.

*122443 6wks T 10:00 am-11:00 am M Hopkins *122444 6wks Th 10:00 am-11:00 am M Hopkins \$16 \$16 122445 6wks Th 5:30 pm-6:30 pm

Zumba Fitness

This class is a fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance stops. It's not just a week out it's a Partial follow dance steps. It's not just a work out, it's a Party! 122091 10wks M/W 5:30 pm-6:15 pm M Colchin \$42

Special Interest

Outdoor Photography School

Enjoy the summer with a six week course in using your digital camera outside. The class will cover topics as controlling the sun, nighttime photography, shooting flowers, outdoor portraits, and more. The class will meet at agreed upon locations where the students can photograph some of Wichita's more photographed and challenging locations. Watch www.artsphotographyschool.com for more announcements and an upcoming agenda.

122493 6wks M 6:00 pm-8:00 pm A Sprauge \$36

Martial Arts/Self-Defense

Tae Kwon Do - Beginning

Ages 6+ will learn the martial art that teaches physical agility mental discipline and self control. V-neck uniform required and can be purchased from instructor. Ages 6+. 121025 8wks M/W 6:00 pm-7:00 pm A Howell

Youth (Ages 6 - 15 unless otherwise noted)

Martial Arts/Self-Defense

Tae Kwon Do - Beginning

Ages 6+ will learn the martial art that teaches physical agility mental discipline and self control. V-neck uniform required and can be purchased from instructor. Ages 6+. 121025 8wks M/W 6:00 pm-7:00 pm A Howell

Special Interest

Fun with Food

Cooking fun for kids ages 6 - 12. Kids will learn about the kitchen and how to make different items.

5:30 pm-7:30 pm B Hanafin \$30 120891 6wks W

Tots (Ages 3-5 unless otherwise noted)

Dance

Ballet & Tap for TotsIntroductory ballet positions/steps and basic tap steps.
122144 10wks W 6:00 pm-6:45 pm P McC 6:00 pm-6:45 pm P McCall \$34

Ballet & Tap for Tots (Level II)

A more progressive rate of instruction in ballet & tap skills than Level I class. Prior dance experience necessary or instructor approval. Ages 4-8.

122145 10wks W

\$34 7:00 pm-7:45 pm P McCall

Sports

Pee Wee Basketball

Learn basketball fundamentals of dribbling, passing & shooting. Ages 3-6 120899 5wks 5:30 pm-6:15 pm Z Woolheater \$18

Special Populations

Call center for more information on these classes and to register

Special Interest

Expressive Art

This class provides students the opportunity to explore art using their expressive side and a variety of materials. **STAFF** 1:30 pm-2:30 pm

Sports

Stretch and Tone

Participants will use stretchy vita-bands in various strengths and optional hand weights in this low stress chair aerobic class. Upper body, legs and hand eye coordination are emphasized. No class June 3rd. 5wks Th 1:30 pm-2:15 pm STAFF

Walk Club for Special Populations

Enroll in this independent walk and/or bike club and see how far you can go. Participants can use pedometers, treadmills or recumbent bikes to track their success.

STAFF \$1 per visit 10wks Tu/Th 1:00 pm-2:00 pm

OSAGE 337-9096

Adult (Ages 16+ unless otherwise noted)

Exercise/Fitness

Kripalu Yoga-Intermediate

Hatha postures practiced gently with an emphasis on being present in your body, sustaining a flowing breath. Allows you to choose the level of physical intensity that is right for your body. Recognizes that every body is different and encourages you to create a lifestyle supportive of your health by listening to your own body. The overall experience is one of learning to love and nurture your body, not whip it into shape. Class progresses at a fast pace. You will need to be familiar with postures which will be held longer.

121748 6wks W 6:00 pm-7:00 pm M Hopkins \$16

Kripalu Yoga-Beginning

Hatha postures practiced gently with an emphasis on being present in your body, sustaining a flowing breath. Allows you to choose the level of physical intensity that is right for your body. Recognizes that every body is different and encourages you to create a lifestyle supportive of your health by listening to your own body. The overall experience is one of learning to love and nurture your body, not whip it into shape.

121064 6wks M 6:00 pm-7:00 pm M Hopkins \$16

Tae Kwon Do

Ages 6+ will learn the martial art that teaches physical agility, mental discipline and self control. Tae Kwon Do is an excellent way to get in shape, learn Hapkido Self Defense and bond with your family. Class is appropriate for beginning-intermediate level Master Boyle has 35+ years of instruction experience. No class Mon., 7/5. 123241 10wks M/W 6:15 pm-7:15 pm T Boyle

Zumba Fitness

Zumba is a fun and effective fitness program that's different and easy. This dance-fitness class incorporates Latin & international music and easy to follow movements creating a dynamic & effective fitness system. It will tone and sculpt your body using a blend of aerobics, interval & resistance training, and body sculpting to target all areas of your body. It has a unique balance of cardiobased & muscle toning movements that make it an exciting workout designed for anyone. So ditch the workout and enjoy the party! Sign up for both classes for a better workout. No class Mon., 7/5. 121776 9wks M 6:00 pm-7:00 pm L Herring \$25.50 123041 10wks W 6:00 pm-7:00 pm L Herring \$28.00

Sports

Volleyball Intermediate (Women's)

Organized/competitive play for women only. Players should be able to bump, set, and spike the ball. Games are self-officiated. No daycare provided, children are not allowed in the gym. 121052 10wks W 6:45 pm-8:45 pm \$24

Youth (Ages 6-15 unless otherwise noted)

Exercise/Fitness

Tae Kwon Do

Ages 6+ will learn the martial art that teaches physical agility mental discipline and self control. Tae Kwon Do is an excellent way to get in shape, learn Hapkido Self Defense and bond with your family. Class is appropriate for beginning-intermediate level. Master Boyle has 35+ years of instruction experience. No class Mon., 7/5

123241 10wks M/W 6:15 pm-7:15 pm T Boyle

WATSON PARK 529-9940

Senior (Ages 55+)

Exercise/Fitness

Senior Strength and Fitness

You can build and maintain physical fitness through resistance and toning exercise. Bring your own exercise mat. Course # 121069 begins 8/20 and ends 9/10. 121069 3wks M/F 9:3

9:30 am-10:30 am J Lovelace 121792 10wks M/F 9:30 am-10:30 am J Lovelace

Adult (Ages 16+ unless otherwise noted)

Exercise/Fitness

Senior Yoga

121791 10wks

W

Say yes to Yoga and join us on Wednesdays for basic Yoga stretches and poses that are appropriate for the senior participant.

Bring your own mat. Class # 121491 begins 8/18.

121491 4wks W 9:30 am-10:30 am J Lovelace \$8

9:30 am-10:30 am J Lovelace



\$2.50 tournament fee Registration ENDS July 24th For more information please call

Watson Park at 529-9940

Sports

Volleyball, Sand - Co-ed Recreational

This is a recreational league to offer adults a fun time while playing in the sand! Register as a team. No officials - call your own. T-shirts will be awarded to the team with the best record. League begins 6/8. 121071 8wks Tu 6:15 pm-8:15 pm STAFF \$77/team

Volleyball, Sand League- Co-ed Comp.

This is a competitive league to offer adults a fun time while playing in the sand! Register as a team. No officials - call your own. T-shirts will be awarded to the team with the best record. League begins 6/8. 121072 8wks Tu 6:15 pm-8:15 pm STAFF \$77/team

Volleyball, Sand-Teams/Men 4-on-4 Comp.

This is a competitive league to offer men a fun time while playing in the sand! Register as a team. No officials - call your own. T-shirts will be awarded to the team with the best record. League begins 6/7. 6:15 pm-8:15 pm STAFF \$51/team 121073 8wks M

Volleyball, Sand-Teams/Women 4-on-4 Comp

This is a competitive league to offer women a fun time while playing in the sand! Register as a team. No officials - call your own. T-shirts will be awarded to the team with the best record. League begins 6/7. 121074 8wks M 6:15 pm-8:15 pm STAFF \$51/team

Take Dad Out Tonight

TGIFF (Thank goodness it's Father's Friday!). Kids - have fun with dad going on the Watson Park train to the campfire circle and roasting hot dogs and marshmallows. After eating ride the train back for pony rides and end the evening playing miniature golf. Fee is per each adult, kids are free.

121645 1wk-6/18 6:00 pm-8:00 pm J Lovelace \$13

Youth (Ages 6-15 unless otherwise noted)

Special Interest

Miniature Golf Tournament

Come join the fun and competition at Watson Park's 1st Annual Summer Miniature Golf Tournament on July 31st. Golfers will be divided into the following age groups: 11 and under (tee off at 9 am), 12 - 17 (tee off at 10 am), and 18 and over (tee off at 11 am). Registration ends July 24th. Awards will be given to the best golfers of each division.

Sa 9:00 am-10:00 am STAFF 121642 1wk-7/31 121643 1wk-7/31 Sa 10:00 am-11:00 am STAFF 121644 1wk-7/31 Sa 11:00 am-12:00 pm STAFF

Webelos: First Aid

Scouts will learn basic First Aid and will complete work for this badge. 121076 1wk-8/7 Sa 10:00 am-11:30 am STAFF \$5

Webelos: Forester

Scouts will learn about many different trees and plants and will complete work for this badge. Program will take place at Watson Park. 121077 1wk-6/26 Sa 10:00 am-11:30 am STAFF \$5

Cowboy and Cowgirl Breakfast
Grandparents, round up your favorite cowboys and cowgirls and start
your day with breakfast around the campfire. Catch the Watson Park train to the campfire circle, enjoy some games after breakfast, and then the kids will have a pony ride. For children ages 3 - 11. Fee is per grandparent, grandchildren are free.

121065 1wk-7/24 Sa 9:00 am-11:00 am J Lovelace \$12

Sa 9:00 am-11:00 am J Lovelace \$12

Little Pirate Party

Join us at shelter #2 to begin pirate adventures at Watson Park. We'll play some of the pirates' favorite games and follow our map to search for treasure. For ages 3 - 11. 121068 1wk-6/12 Sa 9:30 am-11:30 am J Lovelace \$7.50

Youth Workshop

Summer Tea Party

Girls of all ages love tea parties! Mothers, grandmothers and aunts-bring your favorite girls ages 2 - 11. Must be accompanied by parent or guardian. Fee is per child, parent or guardian is free. 121070 1wk-8/14 Sa 4:00 pm-6:00 pm J Lovelace \$13

Tots (Ages 3-5 unless otherwise noted)

Special Interest

Cowboy and Cowgirl Breakfast

Grandparents, round up your favorite cowboys and cowgirls and start your day with breakfast around the campfire. Catch the Watson Park train to the campfire circle, enjoy some games after breakfast, and then the kids will have a pony ride. For children ages 3 - 11. Fee is per grandparent, grandchildren are free. 121065 1wk-7/24 Sa 9:00 am-11:00 am J Lovelace \$12

Little Pirate Party
Join us at shelter #2 to begin pirate adventures at Watson Park.
We'll play some of the pirates' favorite games and follow our map to search for treasure. For ages 3-11.
121068 1wk-6/12 Sa 9:30 am-11:30 am J Lovelace \$7.50





505 W. Maple - 337-9199 - www.wichitaicecenter.com

The Wichita Ice Center is the premier ice rink in the mid-western region. Enjoy Olympic and NHL sized rinks, full length viewing windows, meeting and banquet rental, concessions, party rooms, sport store, Learn to Skate programs, Learn to Play Hockey classes, youth and adult hockey leagues, competitive and recreational figure skating academy.

Helpful Information for Our Guests

The ice arenas are around 50 degrees. Skaters need to dress warmly including thick socks, mittens, and hats. Concessions are also available.

Public Skate Sessions

These sessions provide recreational skating to the community. Everyone is invited to enjoy leisure skating regardless of age or skill level'.

Admission Fees

4 and under \$6.00 All others Family rate \$25.00

(admission & skates for 4)

Skate Rental

Public Skating Hours

We offer daily public sessions during the days and evenings. Call the Ice Center at 337-9199 or visit our website at www.wichitaicecenter.com for complete times, prices and details.

Broomball

This is a very fun activity that is played on the roughed up ice surface where players can run around in their shoes, carrying a broom with the mission of scoring goals in the hockey net with a ball. This is also a great activity for groups and school outings, call today to book your group outing.

Broomball sessions offered on Saturdays from 3:15-4:45pm

following public session Cost: \$5.00 (call ahead to confirm dates and schedule)



LEARN-TO-SKATE

The Learn to Skate program is a beginning through advanced ice skating curriculum that is fun, challenging and rewarding for children and adults alike in the areas of hockey and figure skating. Participation in the program teaches skaters the basic skating techniques to be able to move on to advanced levels of hockey or figure skating. Our Learn to Skate programs and curriculum are designed by the USFS.

Tuesday evéning & Saturday classes include a 5 minute warm up for skaters and time for instructors to visit with parents, weekly 1/2 hr. lesson time, rental skates, 1/2 off punch card for 8 public sessions and skill badge for test level completed. Call the Ice Center for specific class levels and times.

Summer Sessions (Tuesday Evenings)

Session I- Dates: April 27-June 1, 2010 (6 weeks) Cost: \$60

Session II- Dates: June 8-July 13, 2010 (6 weeks) Cost: \$60

Session III- Dates: July 20-August 31, 2010 (7 weeks) Cost: \$70 Tuesday evening classes at 6:00 or 6:35pm (depends upon Tevel enrolled)

Summer Sessions (Saturday Mornings)

Session I-Dates: May 22-June 26, 2010 (6 weeks) Cost: \$60

Session II- Dates: July 10-August 14, 2010 (6 weeks) Cost: \$60 (no class 7/4)

Saturday morning classes at 10:45am or 11:20am (depends upon level enrolled)

AFTERNOON AND HOME SCHOOL LEARN TO SKATE

Participation the program teaches basic skating techniques to be able to move on to advanced levels of figure skating or hockey.

Session I- Dates: April 27-June 1, 2010 (6 weeks) Cost: \$60 2:00-3:00pm (6/1 12:00-1:00pm)

Session II- Dates: June 8-July 13, 2010 (6 weeks) Cost: \$60 12:00-1:00pm: July 20-August 31, 2010 (7 weeks) Cost: \$70

Session III- Dates: 12:00-1:00pm (8/17 & 8/24 2:00-3:00pm) (Times include instruction that is 1/2 hr and practice time that is 1/2 hr)

Board of Park Commissioners

John Stevens District I Phone: 683-0427

enersigns@sbcglobal.net

Tom Roth District II Phone: 207-5725 tomroth@cox.net

Andy Solter Vice President District III Phone: 687-1194 Asolter1@gmail.com Matt Goolsby - 2nd Vice President District IV Phone: 393-7476 ictnightowl@yahoo.com

Bryan Frye - President District V Phone: 729-1628 thefryes@cox.net

Cindy Claycomb District VI Phone: 260-8999 cindyclaycomb@cox.net

Randy Brown At Large Member Phone: 978-6080 wsurandy@aol.com



CITYARTS

SUMMER 2010 CLASSES Online registration available now

Get a full list of CityArts summer courses, class descriptions and schedules at www.wichitaarts.com. NEW online registration is available for classes, which begin the week of June 7 and go through mid August. All classes are taught by qualified art instructors who welcome students of all ages, backgrounds and skill levels.

ADULT CLASSES (AGES 16+):

Adult Workshops Computer Tech Drawing Fiber Arts **Glass Arts Painting Photography Pottery** Silversmithing

YOUTH ART IN THE AM CAMPS (AGES 6-12) YOUTH ART IN THE AFTERNOON CAMPS (AGES 6-12) **YOUTH CLASSES (AGES 8-12) TEEN CLASSES (AGES 13-17)**

CityArts' mission is to be an exciting center for the arts, providing education, information and opportunities to the citizens, youth and special populations in the community. The facility has four art galleries that feature new exhibits every month from local and regional artists. And don't forget, the CityArts gift shop is the perfect place to find unique presents and pieces of art. Rental space is also available for your next party or event.

Have questions?

Call CityArts staff at (316) 462-2787 or stop by our location at 334 N. Mead in Old Town.

Learn more www.wichitaarts.com

CityArts | 334 N. Mead Wichita, KS. 67202 316.462.2787 | FAX 316.337.9087



3022 S. McLean Blvd. 529-9940

HOURS OF OPERATION Park hours are: 8:00 a.m. to 10:00 p.m. DAILY

Beginning May 24th, pedal boats, train, pony rides and an 18-hole miniature golf course will be operated Mon. thru Fri. 9 a.m. - noon and 4 p.m. - 8 p.m., Sat. and Sun. noon - 8 p.m.

Watson Park is a 119-acre park with 40 acres of water. The park offers a rustic setting for fishing and picnicking. A Kansas fishing license is required to fish. Concessions and bait are available at the concession facility. Admission to the park is free, but a fee is charged for participation in some activities and all the rides. Picnic shelters, an inside air conditioned shelter, sand volleyball courts, campfire circle, and hayrack rides by reservation or use one of the 100 plus picnic tables in the park. Combination moonbounce and slide inflatable is available to rent at Watson Park for \$90.00 for a four hour period (a \$60.00 damage deposit is required). Watson Park's moonbounce is pictured to the right.



For more information contact: 529-9940

ASS ENROLLMENT INFOR

FISHING

CLINICS

The Kansas

Wildlife and

Parks will

Department of

hold FISHING

CLINICS at the

Great Plains

Nature Center

this summer!

The clinics are open to

children of all ages, but are

designed for ages

5-12. A minimum of one

adult must accompany the child(ren) and pre-

registration is required.

To register, please call

Jessica at 316.683.8069. Intro to fishing is required before taking Fishing with

Lures. Class size is limited to

20 children per session. The

clinics are planned for the

following dates, all classes

begin promptly at 9:00 am

and last until 11:30am.

All classes are free to the

and supplies provided.

May 25 – Intro To Fishing

June 1 -

Fishing With Lures

June 22 -

Intro To Fishing

June 29 -

Fishing With Lures

July 13 -Intro To Fishing

July 20 -Fishing With Lures

August 3 -

Intro To Fishing

August 10 -

Fishing With Lures

Registration begins Monday, May 10 and continues until programs are either filled or cancelled. Classes begin the week of June 7 unless otherwise noted. Full payment must

• Mail in the attached form and payment to the facility you will be attending

accompany all registrations. Contact the individual center for hours of registration.

- Phone in using Visa or Mastercard credit card.
- Walk in payment to any of the Dept. of Park and Recreation facilities. We accept cash, checks, Visa and/or Master Card credit cards. We can no longer accept check cards and/or debit cards. Please make checks payable to Park and Recreation Department.

Registration Confirmations Are Not Sent

Please keep a record of dates and times of classes in which you enroll. Notification will be given only if a class has been filled prior to registration.

Refund Policy: If a program is cancelled by the Department, a full refund will be issued. Please allow 2-3 weeks to receive a refund.

All requests for **refunds** must be submitted in writing on forms provided by the Dept. of Park and Recreation. The following refund policy will be strictly adhered to:

- Within 48 hours of 1st class
- 80% Refund 50% Refund
- Within 48 hours after 2nd class • Three days or more after 2nd class
- No Refund

Disclaimer: The City of Wichita prohibits discrimination on the basis of race, ethnicity, national origin, sex, religion, age, sexual orientation, or disability in its services, programs and activities. Anyone who believes he or she has been discriminated against may file a complaint with the City of Wichita Equal Affirmative Action Administrator in the Personnel Division at 268-4531. The City of Wichita does not carry accident insurance to cover participants. Involvement in any activity is done at the participant's own risk.



Pepsi proudly sponsors The Wichita Department of **Park and Recreation**

DECISTRATION

WI	CHITA	DEF	PART	MENT	OF PA	RK AND	RECRE	EATION
77		77						

Return completed form with fee to the center where the class is being held.

Office Use Only CA CK Date Received: Please check here if your address has changed within the last 12 months. Parent/Guardian Names (if enrolling a child): _____City: _____ public, with all fishing tackle Work Phone: _____ Work Contact:___ Bar Code **Participant Name** Birth Date Fee Location Class Name Dav Thank you for participating in our program. Please indicate from the choices below how you were informed about our program. This

information will help us in determining what marketing source is most beneficial in communicating with the public.

	for the newsp		
Referral f	rom a friend,	family or n	eighbor

Attended	previous of	classes
Television	announce	ements

Radio announcements

REC CENTER RENTAL INFORMATION

All 10 recreation centers have rooms available for rentals on Saturday and/or Sunday from 8:00 a.m. to 10:00 p.m. excluding all federal holidays. Reservations are made on a first come first serve basis and must be made at least one week prior to reservation. To reserve a room the payment (including damage deposit) must be made at time of reservation. Payments may be made with cash, check, MasterCard, and/or VISA. No check and/or debit cards will be accepted. Damage deposits are returned in 2 to 3 weeks provided that the renter has complied with all the rules and regulations of the City of Wichita (these are provided at the time of reservation) and no damage has occurred. The Department of Parks and Recreation also has 8 enclosed shelters available for rental Monday-Sunday 8:00 a.m. to 10:00 p.m. For more information, contact your neighborhood recreation center.